



National Nutrient Database for Standard Reference

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Statistics Report 11018, Asparagus, frozen, unprepared

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	91.82	46	0.090	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Energy	kJ	100	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	3.23	43	0.054	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.23	43	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.62	43	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	4.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Fiber, total dietary	g	1.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Minerals													
Calcium, Ca	mg	25	43	1.428	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	0.73	43	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	14	14	0.437	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	64	20	2.255	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	253	15	13.450	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	8	15	2.385	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.59	10	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.137	12	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.203	9	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	1.7	15	0.359	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	31.8	35	2.676	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.121	43	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.131	43	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	1.202	43	0.055	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.184	8	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.111	8	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	191	3	9.304	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	191	3	9.304	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1984
Folate, DFE	µg	191	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin A, RAE	µg	47	39	2.531	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	948	39	50.614	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.052	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Fatty acids, total polyunsaturated	g	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.374	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.528	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.171	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/1996